

# Guide to Long Term Care

*Explore Your Options*

## Caregiver Self-Assessment *for the Caregiver of a Veteran needing Long Term Care*

The online Guide to Long Term Care describes long term care options provided by VA and the larger community. It also describes Shared Decision Making – a process where Veterans work with their social worker, care team and informal caregivers, like a family member or friend, to make plans and decisions about long term care.

Use the Caregiver Self-Assessment to think about your needs and to prepare for discussions with the Veteran and a VA social worker or caregiver support coordinator.

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### **Caregivers can use this Self-Assessment to:**

1. Review your role in providing support
2. Review your caregiver responsibilities
3. Evaluate your stress and well-being
4. Decide next steps

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**Use this Self-Assessment with the online Guide to Long Term Care  
[www.va.gov/Geriatrics/Guide/LongTermCare](http://www.va.gov/Geriatrics/Guide/LongTermCare)  
and the Shared Decision Making worksheet**

## Step 1. Review Role in Providing Support

*Check the best answer.*

<p><b>How long have you been a caregiver for the Veteran?</b></p>	<p><input type="checkbox"/> Less than 1 month</p> <p><input type="checkbox"/> Between 1 month and 1 year</p> <p><input type="checkbox"/> Between 1 year and 3 years</p> <p><input type="checkbox"/> More than 3 years</p>
<p><b>Does the Veteran currently live with you?</b></p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Not now, but this may change</p> <p><input type="checkbox"/> Sometimes (<i>please explain</i>)</p> <p>_____</p>
<p><b>How often do you provide caregiver support?</b></p>	<p><input type="checkbox"/> 24 hrs/day, 7 days a week</p> <p><input type="checkbox"/> About 40 hours a week</p> <p><input type="checkbox"/> Between 10 to 40 hours a week</p> <p><input type="checkbox"/> Less than 10 hours a week</p>
<p><b>How much support do you feel for your caregiver role?</b></p>	<p><input type="checkbox"/> Very supported</p> <p><input type="checkbox"/> Rarely supported</p> <p><input type="checkbox"/> Somewhat supported</p> <p><input type="checkbox"/> Not supported at all</p>

## Step 2. Review Your Caregiver Responsibilities

<b>Physical care for Veteran</b>	<i>Check “Yes” if you give this care. If you need help providing care, check the second box, too.</i>	<b>Yes</b>	<b>I need help</b>
	Activities of daily living (eating, bathing, walking)	<input type="checkbox"/>	<input type="checkbox"/>
	Hands-on care (physical therapy, wound care)	<input type="checkbox"/>	<input type="checkbox"/>
	Household work and chores (meals, laundry, shopping)	<input type="checkbox"/>	<input type="checkbox"/>
	Transportation (to appointments or activities)	<input type="checkbox"/>	<input type="checkbox"/>
	Other tasks ( <i>describe</i> ): _____	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other assistance for Veteran</b>	<i>Check “Yes” if you give this help. If you need help providing assistance, check the second box, too.</i>	<b>Yes</b>	<b>I need help</b>
	Money management (reviewing bills, tracking finances)	<input type="checkbox"/>	<input type="checkbox"/>
	Coordinating appointments (physicians, social workers)	<input type="checkbox"/>	<input type="checkbox"/>
	Social support (planning activities with others)	<input type="checkbox"/>	<input type="checkbox"/>
	Emotional support (listening, talking)	<input type="checkbox"/>	<input type="checkbox"/>
	Financial support for Veteran (paying Veteran’s expenses)	<input type="checkbox"/>	<input type="checkbox"/>
	Other tasks ( <i>describe</i> ): _____	<input type="checkbox"/>	<input type="checkbox"/>
<b>Your life</b>	<i>Check “Yes” if your life includes this role. If caregiving makes this role difficult, check the second box, too.</i>	<b>Yes</b>	<b>Makes difficult</b>
	Paid work	<input type="checkbox"/>	<input type="checkbox"/>
	Education/schooling	<input type="checkbox"/>	<input type="checkbox"/>
	Other caring roles such as parenting	<input type="checkbox"/>	<input type="checkbox"/>
	Cooking/maintaining household/managing finances	<input type="checkbox"/>	<input type="checkbox"/>
	Social and leisure activities	<input type="checkbox"/>	<input type="checkbox"/>
	Other ( <i>describe</i> ): _____	<input type="checkbox"/>	<input type="checkbox"/>

## Step 3. Evaluate Your Stress and Well-Being

*Caregivers are often so busy caring for a loved one that they can neglect their own well-being. Evaluate your caregiver stress below.*

Evaluate your stress and well-being	<i>Check “I am doing well” OR “I am struggling with this.”</i>	I am doing well	I am struggling with this
	Handling my commitments and responsibilities	<input type="checkbox"/>	<input type="checkbox"/>
	Sleeping and taking time to rest	<input type="checkbox"/>	<input type="checkbox"/>
	Spending time with family and friends	<input type="checkbox"/>	<input type="checkbox"/>
	Taking a break when I need to	<input type="checkbox"/>	<input type="checkbox"/>
	Having a positive attitude	<input type="checkbox"/>	<input type="checkbox"/>
	Handling stressful events when they occur	<input type="checkbox"/>	<input type="checkbox"/>
	Handling my anger	<input type="checkbox"/>	<input type="checkbox"/>
	Staying healthy, both mentally and physically	<input type="checkbox"/>	<input type="checkbox"/>
	Feeling like I’m doing a good job as a caregiver	<input type="checkbox"/>	<input type="checkbox"/>

## Step 4. Decide Next Steps

*Check the box if you plan to:*

### Take action

- ☐ Learn more about long term care services and caregiver websites via [www.va.gov/Geriatrics/Guide/LongTermCare](http://www.va.gov/Geriatrics/Guide/LongTermCare)
- ☐ Visit the VA Caregiver Support website at [www.caregiver.va.gov](http://www.caregiver.va.gov)
- ☐ Talk with a VA social worker about long term care services for Veterans and/or visit [www.socialwork.va.gov/socialworkers.asp](http://www.socialwork.va.gov/socialworkers.asp)
- ☐ Talk with a VA caregiver support coordinator to learn more about VA support for caregivers
- ☐ Talk with a mental health provider about drug, alcohol or mental health services for the Veteran
- ☐ Talk with family and friends about getting more support for the Veteran and myself
- ☐ Other:

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